



# Tai Chi in the Park At Forest Park

*Sponsored by*  
City of Springfield  
Department of Elder Affairs  
*Funded by*  
Commonwealth Care Alliance



Mayor Domenic Sarno

## **Tuesday's at 11:30 am**

Next to Cyr Arena Skating Rink/Farmer's Market

(Please use the Trafton Road entrance after 11:00 am)

(Park admission is free)

**&**

## **Thursday's at Kenefic Park at 10:00 am**

(Plainfield Street - Next to Brightwood Neighborhood Clinic)

**First session begins June 5<sup>th</sup> ends July 12<sup>th</sup>**

(Park admission is free)



## **Tai Chi with Margery Gerard**

Tai chi combines a type of meditative relaxation process with flowing movements, which results in benefits to both the power of the body and the mind. While tai chi attracts people of all ages, tai chi can be especially beneficial to those who have arthritis, are recovering from injuries or have difficulties in working with any but the lowest impact exercises.

Margery has over 13 years of experience in Tai Chi with Master Wang and has traveled with him to China, England and Ireland to master her technique. Margery is the proud recipient of silver and bronze medals from New England International Chinese Martial Arts Festival and is very passionate about her craft.

**Come join her for Tai Chi!!!**

For additional information please call 413.886.5240